

For Earth's Sake SHOPPING LIST

Items in cream are bulk items so please include your container or bottle for these, or we will use paper bags / re-use containers if available

Items in blue are in their own plastic-free packet / packaging

Product description

Price

Quantity

FRUIT & VEG

We have fabulous organic and local fruit and vegetables. Please check our social media each Wednesday, message us, or call us on 01483 497268 for availability and prices.

DAIRY & BREAD

BOOKHAM HARRISON FARMS

| | | |
|--|------------|--|
| South Downs Butter Slightly Salted | £1.75/100g | |
| South Downs Butter Unsalted | £1.75/100g | |
| Sussex Charmer Cheese | £1.50/100g | |
| Twineham Grange Hard Parmesan Style - Grated | £1.75/100g | |
| Twineham Grange Hard Parmesan Style | £2.00/100g | |

HIGH WEALD DAIRY

| | | |
|----------------------|------------|--|
| Brighton Blue Cheese | £2.80/100g | |
| Seven Sisters Cheese | £4.20/100g | |
| Sister Sarah Cheese | £3.30/100g | |
| Sussex Marble Cheese | £3.10/100g | |
| Sheep Milk Halloumi | £3.65/100g | |

EPIROS

| | | | |
|-------------------------------|-----|------------|--|
| Greek Feta Cheese P.D.O. 100g | ORG | £1.25/100g | |
|-------------------------------|-----|------------|--|

TREWITHAN FARM

| | | |
|------------------------------------|-------|--|
| Semi Skimmed Milk Refill, 1 pint | £0.70 | |
| Semi Skimmed Milk Refill, 1 ½ pint | £1.05 | |

ALTERNATIVE DAIRY

| | | | |
|--|----|-------|--|
| Oat Milk - Barista by Minor Figures, 1 Litre | VG | £2.29 | |
|--|----|-------|--|

BREAD by SØDT

| | | |
|--------------------------------------|-------|--|
| Corn Bread | £3.50 | |
| Donker Rye | £3.50 | |
| Original Sourdough Bread | £3.50 | |
| Seeded Sourdough Bread (4 Seed Sour) | £3.50 | |

CEREALS

| | | | |
|---------------------------|----|----------|--|
| Muesli Base (Suma) | VG | 25p/100g | |
| Crunchy Apricot Muesli | | 35p/100g | |
| Oat Crisp Crunch Granola | | 30p/100g | |
| Malt Granola | | 35p/100g | |
| Kellogg's Corn Flakes | | 48p/100g | |
| Kellogg's Rice Crispies | | 68p/100g | |
| Choco Shells (Multigrain) | | 72p/100g | |
| Honey Loops | | 80p/100g | |

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| | | | |
|------------------------------|-----|----------|--|
| Porrige Oats (Morning Foods) | | 15p/100g | |
| Porrige Oats (Morning Foods) | GF | 45p/100g | |
| Jumbo Oats (Morning Foods) | | 29p/100g | |
| Oatmeal (Course - Pinhead) | | 24p/100g | |
| Toasted Wheat Flakes (Suma) | ORG | 29p/100g | |
| Bran (Fine Flakes), 100g | ORG | 53p/100g | |
| Bran (Medium), 100g | ORG | 53p/100g | |

DRIED FRUIT

| | | | |
|---|-----|------------|--|
| Apricots - Whole (Suma) | ORG | £1.25/100g | |
| Banana Chips (Infinity) | | 60p/100g | |
| Crystallised Ginger | | £1.80/100g | |
| Cherries - Glace (Suma) | | 90p/100g | |
| Sour Cherries (Infinity) | | £2.26/100g | |
| Cranberries with Apple Juice (Infinity) | | £1.75/100g | |
| Currants (Queenswood) | ORG | 85p/100g | |
| Raisins (Queenswood) | ORG | 50p/100g | |
| Sultanas (Queenswood) | ORG | 50p/100g | |
| Dates - Pitted (Suma) | ORG | 65p/100g | |
| Coconut Chips | ORG | 67p/100g | |
| Desiccated Coconut (Queenswood) | ORG | 70p/100g | |
| Toasted Coconut Flakes (Chips) | ORG | 67p/100g | |
| Figs (Suma) | ORG | 95p/100g | |
| Goji Berries (Queenswood) | | £1.75/100g | |
| Mango Strips (Infinity) | ORG | £1.90/100g | |
| Mixed Peel (Suma) | | 50p/100g | |
| Prunes - Pitted | ORG | 84p/100g | |
| Sun-dried Tomatoes | | £1.30/100g | |

SAVOURY & SWEET SNACK REFILLS

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|---|--------|------------|--|
| Bombay Mix (Suma) | | 30p/100g | |
| Cacao Nibs (Queenswood) | ORG | £1.40/100g | |
| Chilli Rice Crackers | | 99p/100g | |
| Smoked Paprika Twists (Suma) | | 50p/100g | |
| Wasabi Coated Peanuts (Queenswood) | | £1.25/100g | |
| Dark Chocolate Buttons (55%) | GF, VG | £1.05/100g | |
| Milk Choc Caramel Buttons (34%) | GF | £1.05/100g | |
| Milk Choc Buttons (34%) | GF | £1.05/100g | |
| White Chocolate Buttons (30%) | GF | £1.05/100g | |
| Yoghurt Coated Banana Chips (Queenswood) | | £1.25/100g | |
| Yoghurt Coated Honeycomb Bites (Queenswood) | | £1.25/100g | |
| Yoghurt Coated Raisins (Queenswood) | | £1.25/100g | |

BEANS & PULSES BULK

| | | | |
|------------------------------|-----|----------|--|
| Black Turtle Beans (Suma) | ORG | 40p/100g | |
| Butter Beans (Suma) | ORG | 47p/100g | |
| Cannellini Beans (Infinity) | ORG | 45p/100g | |
| Chickpeas (Queenswood) | ORG | 55p/100g | |
| Haricot Beans | ORG | 40p/100g | |
| Lentils - Brown (Queenswood) | ORG | 49p/100g | |

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| | | | |
|-----------------------------------|-----|----------|--|
| Lentils - Green (Queenswood) | ORG | 41p/100g | |
| Lentils - Puy / Speckled / French | ORG | 64p/100g | |
| Lentils - Red Split (Queenswood) | ORG | 35p/100g | |
| Mung Beans (Queenswood) | ORG | 52p/100g | |
| Pinto Beans (Infinity) | ORG | 49p/100g | |
| Red Kidney Beans (Infinity) | ORG | 51p/100g | |
| Split Peas - Green (Suma) | ORG | 45p/100g | |
| Split Peas - Yellow (Suma) | ORG | 34p/100g | |
| Soya Beans | ORG | 35p/100g | |

BEANS, VEG & PULSES - TINNED

| | | | |
|--|---------|-------|--|
| Aduki Beans (Suma) 400g | ORG, VG | £1.15 | |
| Artichoke Hearts in Brine (Cooks & Co) 400g | GF, VG | £3.59 | |
| Artichoke Bottoms in Brine (Cooks & Co) 400g | GF, VG | £3.55 | |
| Baked Beans (Suma) 400g | ORG, VG | £1.39 | |
| Baked Beans – Low Sugar (Suma) 400g | ORG, VG | £1.39 | |
| Black Beans (Suma) 400g | ORG, VG | £1.15 | |
| Borlotti Beans (Suma) 400g | ORG, VG | £1.15 | |
| Borlotti Beans (Suma) 400g | VG | £0.85 | |
| Butter Beans (Suma) 400g | ORG, VG | £1.15 | |
| Cannellini Beans (Suma) 400g | ORG, VG | £1.15 | |
| Chickpeas (Suma) 400g | ORG, VG | £1.15 | |
| Chickpeas (Suma) 400g | VG | £0.85 | |
| Chilli Beans (Biona) 400g | ORG, VG | £1.49 | |
| Chilli Black Beans (Biona) 400g | ORG, VG | £1.59 | |
| Edamame Beans (Biona) 200g | ORG, VG | £1.49 | |
| Haricot Beans (Suma) 400g | ORG, VG | £1.15 | |
| Hearts of Palm (Cooks & Co) 400g | ORG, VG | £3.85 | |
| Mixed Beans (Suma) 400g | ORG, VG | £1.15 | |
| Pinto Beans (Biona) 400g | ORG | £1.29 | |
| Red Kidney Beans (Suma) 400g | ORG | £1.19 | |
| Black Beluga Lentils (Suma) 400g | ORG, VG | £1.25 | |
| Green Lentils (Suma) 400g | ORG, VG | £1.15 | |
| Super Sweetcorn (Suma) 340g | ORG, VG | £1.65 | |

PASTA

| | | | |
|--------------------------------|-----|----------|--|
| White Fusilli (Iris) | ORG | 35p/100g | |
| Wholewheat Fusilli (Iris) | ORG | 35p/100g | |
| Tricolore Fusilli (Infinity) | ORG | 44p/100g | |
| Lasagne Sheets | ORG | 40p/100g | |
| Macaroni (Triple Lion) | | 35p/100g | |
| Orzo | ORG | 49p/100g | |
| White Penne (Iris) | ORG | 35p/100g | |
| White Penette (Infinity) | ORG | 46p/100g | |
| White Spaghetti (Iris) | ORG | 35p/100g | |
| Wholemeal Spaghetti (Iris) | ORG | 35p/100g | |
| Gluten-Free Fusilli (Infinity) | GF | 55p/100g | |
| Gluten-Free Penne (Infinity) | GF | 55p/100g | |
| No 1 Noodles (Lucky Boat) | | 55p/100g | |

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GRAINS

| | | | |
|--------------------------------------|-----|----------|--|
| Arborio Rice (Suma) | ORG | 75p/100g | |
| Basmati Rice - Brown (Queenswood) | ORG | 41p/100g | |
| Basmati Rice - White (Queenswood) | ORG | 41p/100g | |
| Long Grain Rice - Brown (Queenswood) | ORG | 35p/100g | |
| Long Grain Rice - White (Queenswood) | ORG | 52p/100g | |
| Wild Rice Mix (Infinity) | ORG | 65p/100g | |

OTHER GRAINS

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|------------------------------------|-----|----------|--|
| Bulgur Wheat - Course (Queenswood) | ORG | 42p/100g | |
| Couscous - White (Infinity) | ORG | 37p/100g | |
| Couscous - Wholemeal (Infinity) | ORG | 29p/100g | |
| Couscous - Giant (Infinity) | | 48p/100g | |
| Orzo (Infinity) | ORG | 49p/100g | |
| Millet (Infinity) | ORG | 44p/100g | |
| Pearl Barley (Infinity) | ORG | 27p/100g | |
| Polenta (Infinity) | VG | 30p/100g | |
| Popping Corn (Infinity) | ORG | 35p/100g | |
| White Quinoa (Queenswood) | ORG | 75p/100g | |

PLANT SAUSAGE, BURGER & VEGGIE MIXES

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|-----------------------|--|------------|--|
| Veggies Nut Roast Mix | | £1.20/100g | |
|-----------------------|--|------------|--|

FLOURS

PACKET FLOUR

| | | | |
|---|---------|-------|--|
| Plain White Flour 1kg (Doves Farm) | ORG, VG | £1.85 | |
| Plain White Flour 1kg (Freee by Doves) | GF, VG | £3.15 | |
| Fine Plain Wholemeal Flour 1kg (Doves Farm) | ORG, VG | £1.79 | |
| White Self Raising Flour 1kg (Doves Farm) | ORG, VG | £1.65 | |
| Self Raising Flour 1kg (Freee by Doves) | GF, VG | £3.15 | |
| Buckwheat Flour 1kg (Freee by Doves) | GF, VG | £4.05 | |
| Coconut Flour 500g (Suma) | ORG, VG | £3.15 | |
| Cornflour 500g (Suma) | VG | £2.15 | |
| Gram Flour 500g (Suma) | VG | £2.25 | |
| Maize Flour 500g (Suma) | ORG, VG | £1.75 | |
| Pasta Flour 1kg (Doves Farm) | ORG, VG | £1.99 | |
| Rice Flour 1kg (Freee by Doves) | GF, VG | £2.55 | |
| Wholemeal Rye Flour 1kg (Doves Farm) | ORG, VG | £1.99 | |
| White Rye Flour 1kg (Doves Farm) | ORG, VG | £2.39 | |
| Semolina Flour 500g (Suma) | VG | £1.89 | |
| White Spelt Flour 1.5kg (Doves Farm) | ORG, VG | £3.69 | |
| Tapioca Starch Flour 500g (Suma) | VG | £2.89 | |
| Vital Wheat Gluten Flour 500g (Suma) | VG | £2.99 | |

BREAD FLOUR

| | | | |
|---|---------|-------|--|
| Strong White Bread Flour 1.5kg (Doves Farm) | ORG, VG | £2.75 | |
| Strong Wholemeal Bread Flour 1.5kg (Doves Farm) | ORG, VG | £2.55 | |
| White Bread Flour 1kg (Freee by Doves) | GF, VG | £3.15 | |
| Brown Bread Flour 1kg (Freee by Doves) | GF, VG | £3.29 | |
| Malthouse Bread Flour 1kg (Doves Farm) | ORG, VG | £2.39 | |

FLOUR REFILLS

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| | | | |
|---|---------|------|--|
| Plain Flour, 100g (Heygates) | ORG, VG | 0.11 | |
| Self-raising Flour, 100g (Heygates) | ORG, VG | 0.11 | |
| Strong White Bread Flour, 100g (Heygates) | ORG, VG | 0.18 | |
| Wholemeal Bread Flour, 100g (Heygates) | ORG, VG | 0.15 | |
| Malt Crunch Bread Flour, 100g | ORG, VG | 0.18 | |
| Speciality White Flour, 100g (Shipton Mill) | ORG, VG | 0.18 | |

SEEDS & NUTS REFILLS

NUTS

| | | | |
|---------------------------------------|-----|------------|--|
| Almonds - Ground (Queenswood) | ORG | £1.90/100g | |
| Almonds - Flaked (Queenswood) | ORG | £1.90/100g | |
| Almond - Whole (Queenswood) | ORG | £1.70/100g | |
| Brazil Nuts - Broken (Mabet Chunts) | ORG | £1.40/100g | |
| Brazil Nuts - Whole | ORG | £1.80/100g | |
| Cashew Nuts (Suma) | ORG | £2.25/100g | |
| Coconut Chips | ORG | 67p/100g | |
| Toasted Coconut Flakes (Chips) | ORG | 67p/100g | |
| Hazelnuts (Queenswood) | ORG | £1.95/100g | |
| Peanuts (Infinity) | ORG | 68p/100g | |
| Peanuts - Roasted (Queenswood) | | 68p/100g | |
| Pecan Pieces (Queenswood) | ORG | £3.10/100g | |
| Pine Nuts (Infinity) | ORG | £4.69/100g | |
| Pistachios (Kernels) | ORG | £4.30/100g | |
| Pistachios (Roasted & Salted) (Hunts) | ORG | £1.85/100g | |
| Walnut Pieces (Anderson & Sons) | ORG | £1.50/100g | |

SEEDS

| | | | |
|--------------------------------|-----|------------|--|
| Amaranth | ORG | 42p/100g | |
| Chia Seeds | ORG | £1.05/100g | |
| Hemp - Hulled (Infinity) | ORG | £1.40/100g | |
| Hemp - Whole (Infinity) | ORG | 80p/100g | |
| Linseed - Brown (Queenswood) | ORG | 40p/100g | |
| Linseed - Golden (Suma) | ORG | 40p/100g | |
| Omega Four Seed Mix (Infinity) | ORG | 67p/100g | |
| Poppy Seeds - Blue (Infinity) | | 90p/100g | |
| Pumpkin Seeds (Queenswood) | ORG | 83p/100g | |
| Sesame Seeds (Queenswood) | ORG | 69p/100g | |
| Sunflower Seeds (Infinity) | ORG | 50p/100g | |

TEA, COFFEE & SUGAR

LOOSE LEAF

| | | | |
|---|--|------------|--|
| Taylor's Earl Grey Tea Loose Leaf | | £2.08/100g | |
| Ringtons English Breakfast Loose Leaf Tea | | £1.50/100g | |
| Taylor's English Breakfast Loose Leaf Tea - Decaf | | £2.35/100g | |
| Taylor's Green Tea Loose Leaf Tea | | £2.08/100g | |
| Taylor's Lapsang Souchong Loose Leaf Tea | | £2.60/100g | |
| Yorkshire Loose Leaf Tea | | £1.46/100g | |
| Taylor's Pure Assam Loose Leaf Tea | | £2.65/100g | |
| Clipper Tea, Decaf 40s | | £3.99 | |
| Clipper Tea, Decaf 80s | | £6.89 | |

TEA BAGS

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DRAGONFLY TEA (20s)

| | | | |
|--------------------------------|-----|-------|--|
| Cape Malay Rooibos Chai | | £2.89 | |
| Mint Garden Digestif | | £3.09 | |
| Pure Camomile | ORG | £2.89 | |
| True Clarity Ginger | ORG | £2.89 | |
| Golden Himalaya Darjeeling | | £2.89 | |
| Golden Balance Detox | ORG | £2.89 | |
| Good Dragon | ORG | £2.89 | |
| Organic Mountain Honeybush Tea | ORG | £2.89 | |
| Pure Peppermint Tea | ORG | £2.89 | |
| Good Dragon Pu'er Tea | ORG | £2.89 | |
| English Breakfast | ORG | £2.89 | |
| Classic Earl Grey Black Tea | ORG | £2.89 | |
| Night Sky Calm Bags | | £3.09 | |
| Morocan Mint | | £2.89 | |
| Moonlight Jasmine Green | | £2.89 | |
| Cape Rooibos & Honeybush | ORG | £2.89 | |
| Indian Spice Chai Black Tea | ORG | £2.89 | |
| Swirling Mist | ORG | £2.89 | |

HAMPSTEAD TEA (20s)

| | | | |
|--------------------------|-----|-------|--|
| Assam | ORG | £2.99 | |
| Pure Darjeeling | | £2.99 | |
| Earl Grey | | £2.99 | |
| English Breakfast | ORG | £2.99 | |
| Camomile | | £2.99 | |
| Green Tea & Mint | | £2.99 | |
| Lemon & Ginger | ORG | £2.99 | |
| Lemon & Orange Black Tea | ORG | £2.99 | |
| Vanilla Black Tea | | £2.99 | |

COFFEE

| | | | |
|---|--|------------|--|
| Horsham Peruvian Decaf Coffee Beans | | £2.25/100g | |
| Horsham Coffee Roaster Rwanda Liza Beans | | £2.15/100g | |
| Surrey Hills Cottage Blend Coffee Beans | | £2.40/100g | |
| Surrey Hills Holmbury Hill Coffee Beans | | £2.20/100g | |
| Douwe Egberts Instant Coffee | | £3.85/100g | |
| Ringtons Espresso No. 1 Beans | | £2.08/100g | |
| Percol Rich Americano Ground Coffee, 200g | | £4.75 | |
| Coffee Filters No.2 (If You Care) | | £3.14 | |
| Coffee Filters No.4 (If You Care) | | £3.14 | |

HOT CHOCOLATE

| | | | |
|----------------------------|----|---------|--|
| Ringtons Hot Chocolate Mix | | £1/100g | |
| Ringtons Hot Chocolate Mix | VG | £1/100g | |

SUGAR

| | | | |
|-----------------------|--|----------|--|
| Caster Sugar | | 13p/100g | |
| Golden Caster Sugar | | 37p/100g | |
| Demerara Sugar | | 22p/100g | |
| Granulated Sugar | | 10p/100g | |
| Light Muscavado Sugar | | 33p/100g | |
| Soft Brown Sugar | | 43p/100g | |
| Icing Sugar | | 34p/100g | |

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| Coconut Palm Sugar (Infinity) | 63p/100g | |
|-------------------------------|----------|--|

OILS, VINEGARS & SOY SAUCE REFILLS

| | | | |
|---|---------|-------------|--|
| Philotimo Premium Extra Virgin Olive - Cold Pressed | VG, GF | £1.05/100ml | |
| Extra Virgin Rapeseed Oil - Cold Pressed (KTC) | VG, GF | 89p/100ml | |
| Sunflower Oil (Queenswood) | ORG | 69p/100ml | |
| Apple Cider Vinegar (Aspall) | ORG | 40p/100ml | |
| Apple Cider Vinegar with Mother (Suma) | ORG | 30p/100ml | |
| Balsamic Vinegar (Suma) | ORG | 90p/100ml | |
| Malt Vinegar | | 40p/100ml | |
| Red Wine Vinegar (Aspall) | | 40p/100ml | |
| White Wine Vinegar (Queenswood) | | 40p/100ml | |
| Soy Sauce - Shoyu (Sanchi) | ORG, VG | 99p/100ml | |
| Soy Sauce - Tamari (Meridian) | GF, VG | 79p/100ml | |

GREEK PRODUCTS

OLIVE OILS

| | | |
|---|-------------|--|
| Philotimo Greek Olive Oil P.D.O. | £1.40/100ml | |
| Philotimo Greek Olive Oil P.D.O. 750ml | £10.50 | |
| Philotimo Greek Olive Oil P.D.O. 500ml (Boxed) | £11.50 | |
| Philotimo Premium Extra Virgin Oil P.D.O. 250ml | £5.90 | |

OLIVES IN GLASS JARS

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|---|-------|--|
| Green Chalkidiki Garlic Stuffed Olives 300g | £3.80 | |
| Green Chalkidiki Almond Stuffed Olives 300g | £3.90 | |
| Green Chalkidiki Pitted Olives 300g | £3.80 | |
| Green Chalkidiki Jalapeno Stuffed Olives 300g | £3.80 | |
| Green Chalkidiki Red Pepper Stuffed Olives 300g | £3.80 | |

TAHINI

| | | | |
|--------------------------------------|-----|-------|--|
| Organic Light Tahini 270g (Meridian) | ORG | £3.49 | |
| Organic Light Tahini 470g (Meridian) | ORG | £5.19 | |
| Organic Dark Tahini 270g (Meridian) | ORG | £3.49 | |
| Light Tahini 270g (Meridian) | | £3.25 | |
| Dark Tahini 270g (Meridian) | | £3.25 | |

HOMEMADE AT THE LIFE GODDESS (GEORGIOS)

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|--|--------|--|
| Greek Hummus, approx 300g | £3.00 | |
| Mixed Olives, approx 250g | £3.25 | |
| Spicy Feta Spread, approx 250g tub | £3.00 | |
| Spinach & Feta Pie Slice (Spanakopita) | £4.00 | |
| Spinach & Feta Whole Pie (Spanakopita) - FROZEN | £36.00 | |
| Greek Giant Beans in Light Tomato Sauce, approx 300g | £3.00 | |
| Tzatziki, approx 300g tub | £3.00 | |
| Naoumidis Piperomelo Chutney 260ml | £4.50 | |
| Naoumidis Vasilic Sauce | £3.80 | |
| Balsamic Vinegar with Chilli 650ml | £6.00 | |
| White Balsamic Vinegar with Honey 650ml | £6.00 | |

FISH

FISH4EVER

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|--|-------|--|
| Mackerel Fillets in Organic Spicy Tomato Sauce | £2.95 | |
|--|-------|--|

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|-------------------------------------|----|-------|--|
| Wild Pacific Pink Salmon 213g | GF | £4.45 | |
| Skipjack Tuna Chunks in Brine 160g | | £2.30 | |
| Yellowfin Tuna in Spring Water 120g | | £2.95 | |
| Yellowfin Tuna in Olive Oil 120g | | £3.95 | |

SOUPS (TINNED)

FREE & EASY

| | | | |
|-----------------------------|-------------|-------|--|
| Butternut Squash and Ginger | GF, ORG, VG | £2.29 | |
| Broccoli & Kale | GF, ORG, VG | £2.29 | |
| Carrot & Coconut | GF, ORG, VG | £2.29 | |
| Lentil & Red Pepper | GF, ORG, VG | £2.29 | |
| Pea & Mint | GF, ORG, VG | £2.29 | |
| Sweet Potato & Chia Seeds | GF, ORG, VG | £2.29 | |
| Tomato | GF, ORG, VG | £2.29 | |

SUMA

| | | | |
|-----------------------------|---------|-------|--|
| Tuscan Bean Soup | ORG, VG | £2.09 | |
| Spicy Lentil Soup | ORG, VG | £2.15 | |
| Minestrone Soup | ORG, VG | £2.29 | |
| Mushroom Soup | ORG, VG | £2.39 | |
| Pea Soup | ORG, VG | £2.29 | |
| Pea & Ham Soup | ORG, VG | £2.25 | |
| Tomato Soup | ORG, VG | £2.15 | |
| Italian Tomato & Basil Soup | ORG, VG | £2.09 | |
| Rustic Vegetable Soup | ORG, VG | £2.29 | |

MEALS (TINNED)

FREE & EASY

| | | | |
|-----------------------------------|-------------|-------|--|
| Bean Cassoulet | GF, ORG, VG | £3.19 | |
| Three Bean Chilli | GF, ORG, VG | £3.19 | |
| Chickpea & Bean Tagine | ORG, VG | £3.19 | |
| Chickpea & Veg Curry | GF, ORG, VG | £3.19 | |
| Middle Eastern Chickpea Casserole | GF, ORG, VG | £3.19 | |
| Vegetable Balti | GF, ORG, VG | £3.19 | |
| Vegetable Hotpot | GF, ORG, VG | £3.19 | |

GEO

| | | | |
|--------------------------------|---------|-------|--|
| Bombay Potatoes 400g | ORG, VG | £2.15 | |
| Chickpea & Apricot Tagine 400g | ORG, VG | £3.25 | |
| Chickpea & Lentil Dahl 400g | ORG, VG | £2.45 | |
| Moroccan Chickpea Tagine 400g | ORG, VG | £2.55 | |
| Tasty Tadka Dahl 400g | ORG | £2.45 | |

HODMEDOD'S

| | | | |
|--------------------------------|-----|-------|--|
| Brit Vaal Dhal (Hodmedod) 400g | ORG | £1.99 | |
|--------------------------------|-----|-------|--|

SUMA

| | | | |
|--|-----|-------|--|
| Baked Beans & Vegan Sausages | VG | £2.39 | |
| Cheesy Pasta Pot | VG | £2.99 | |
| Ravioli in a Creamy Mushroom Sauce | ORG | £2.95 | |
| Vegan Chilli Meatballs | VG | £2.25 | |
| Vegetable Stew with Dumplings (400g) | VG | £2.15 | |
| Vegetarian Spicy Chorizo Style Stew (400g) | VG | £2.15 | |

TOMATO & ITALIAN PRODUCTS

| | | | |
|---|-----|-------|--|
| Chopped Tomatoes (Suma) 400g - Tin | | £1.09 | |
| Chopped Tomatoes with Basil (Suma) 400g - Tin | | £1.15 | |
| Cherry Tomatoes (Suma) 400g - Tin | | £1.39 | |
| Peeled Plum Tomatoes (Suma) 400g - Tin | ORG | £1.09 | |
| Tomato Puree (Suma) - Tube | ORG | £1.49 | |
| Italian Tomato Puree (Mr Organic) 200G | ORG | £1.75 | |
| Organic Passata (Suma) 690g | ORG | £1.95 | |
| Sundried Tomatoes (Cooks & Co) 295g | | £3.19 | |

PESTO

| | | | |
|--|-------------|-------|--|
| Basil Pesto (Mr Organic) 130g | ORG, VG | £2.99 | |
| Italian Sun Dried Tomato Pesto (Mr Organic) 130g | ORG, VG | £2.79 | |
| Vegan Green Pesto (Suma) 160g | GF,ORG, VG | £3.15 | |
| Vegan Red Pesto (Suma) 160g | GF, ORG, VG | £3.15 | |
| Pesto Alla Genovese (Suma) 190g | ORG | £3.99 | |
| Red Pepper Pesto (Mr Organic) 130g | ORG, VG | £2.99 | |

ITALIAN SAUCES

| | | | |
|--|-------------|-------|--|
| Arrabbiata Sauce (Suma) 350g | ORG, VG | £2.69 | |
| Bolognese Sauce (Suma) 350g | GF, ORG, VG | £2.69 | |
| Olive & Capers Pasta Sauce (Mr Organic) | ORG, VG, GF | £3.09 | |
| Napoletana Sauce (Suma) 350g | ORG, VG | £2.69 | |
| Tomato Mushroom & Garlic Pasta Sauce (Zest) 340g | | £2.69 | |
| Tomato & Basil Pasta Sauce (Meridian) 350g | VG | £3.29 | |
| Tomato & Herb Pasta Sauce Meridian) 350g | VG | £3.39 | |
| Tofu Ragu (Mr Organic) | ORG, VG | £3.09 | |
| Soya Ragu (Mr Organic) | ORG, VG | £3.09 | |

JAMS, MARMALADES, SPREADS & HONEY (Seasonal; Varieties can vary)

DEBBIE'S JAMS

| | | | |
|-------------------------------|--|-------|--|
| Apricot 340g | | £4.25 | |
| Apricot & Cherry 340g | | £4.25 | |
| Blackberry & Apple 340g | | £4.25 | |
| Blackcurrant 340g | | £4.25 | |
| Blueberry & Blackcurrant 340g | | £4.25 | |
| Damson 340g | | £4.25 | |
| Fig 340g | | £4.25 | |
| Ginger 340g | | £4.25 | |
| Gooseberry 340g | | £4.25 | |
| Greengage 340g | | £4.25 | |
| Plum 340g | | £4.25 | |
| Plum & Fig 340g | | £4.25 | |
| Quince 340g | | £4.25 | |
| Raspberry 340g | | £4.25 | |
| Strawberry 340g | | £4.25 | |

STUTE JAMS (No Sugar Added Suitable for Diabetics)

| | | | |
|--------------------------|--|-------|--|
| Apricot 430g | | £2.09 | |
| Morello Cherry 430g | | £2.09 | |
| Thick Cut Marmalade 430g | | £3.41 | |
| Raspberry 430g | | £2.09 | |

MARMALADES

Waste Free Plastic Free Shopping - For your sake... for our sake... for Earth's Sake!!

| | | | |
|--------------------------|--|-------|--|
| Debbie's Ginger | | £3.75 | |
| Debbie's Pink Grapefruit | | £3.75 | |
| Debbie's Three Fruit | | £3.75 | |

NUT BUTTERS, CHOCOLATE SPREADS & YEAST EXTRACT

| | | | |
|--|---------|-------|--|
| Smooth Almond Butter (Meridian) 170g | VG | £2.99 | |
| Crunchy Hazelnut Butter (Meridian) 170g | VG | £3.99 | |
| Crunchy Peanut Butter No Salt (Suma) 340g | ORG, VG | £4.09 | |
| Crunchy Peanut Butter Salted (Suma) 340g | ORG, VG | £4.09 | |
| Crunchy Peanut Butter Unsalted (Suma) 700g | ORG, VG | £8.09 | |
| Smooth Peanut Butter No Salt (Suma) 340g | ORG, VG | £4.09 | |
| Smooth Peanut Butter Salted (Suma) 340g | ORG, VG | £4.09 | |
| Smooth Peanut Butter Unsalted (Suma) 700g | ORG, VG | £8.09 | |
| Rich Dark Chocolate Spread (Plamil So Free) 275g | VG | £3.15 | |
| Rich Milk Chocolate Spread (Plamil So Free) 275g | VG | £3.29 | |
| Barley Malt Extract (Meridien) 340g | VG | £2.85 | |
| Yeast Extract + B12, With Salt (Meridian) 340g | VG | £4.99 | |

CRANLEIGH HONEY (Raw)

| | | | |
|-------|--|-------|--|
| Small | | £7.50 | |
| Large | | £9.00 | |

SAVOURY JELLIES, CHUTNEYS & RELISH

DEBBIE'S JELLIES

| | | | |
|-----------------|--|-------|--|
| Chilli 220g | | £3.00 | |
| Mint 220g | | £3.00 | |
| Quince 220g | | £3.00 | |
| Redcurrant 220g | | £3.00 | |

DEBBIE'S CHUTNEYS

| | | | |
|------------------------------|--|-------|--|
| Apple & Chilli 340g | | £4.00 | |
| Balsamic Fig 340g | | £4.00 | |
| Beetroot & Horseradish 340g | | £4.00 | |
| Spiced Beetroot 340g | | £4.00 | |
| Gooseberry 340g | | £4.00 | |
| Mango 340g | | £4.00 | |
| Mediterranean Vegetable 340g | | £4.00 | |
| Piccalilli 340g | | £4.00 | |
| Ploughmans 340g | | £4.00 | |
| Tomato & Chilli 340g | | £4.00 | |

TRACKLEMENTS

| | | | |
|------------------------------------|---------|-------|--|
| Apricot & Ginger Chutney 320g | | £4.20 | |
| Apple & Sage Jelly 250g | GF, VG | £3.50 | |
| Beetroot & Horseradish Relish 220G | GF, VG | £3.75 | |
| British Beer Mustard 140g | | £2.30 | |
| Caramelised Red Onion Relish 300g | GF, VG | £4.20 | |
| Fresh Chilli Jam 250g | GF, VG | £3.95 | |
| Smoky Chilli Sauce 230ml | GF, VG | £3.80 | |
| English Crabapple Jelly 250g | GF, VG | £3.50 | |
| Sticky Fig Relish 250g | GF, VG | £3.95 | |
| Mango Chutney 335g | ORG, VG | £3.80 | |
| Fresh Mint Jelly 250g | GF, VG | £3.25 | |
| Traditional Mint Sauce 150g | GF, VG | £2.65 | |

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| | | | |
|---------------------------------|--------|-------|--|
| Sweet Mustard Ketchup 230ml | | £3.35 | |
| Smooth Dijon Mustard 140g | GF, VG | £2.30 | |
| Robust Wholegrain Mustard 140g | | £2.30 | |
| Piccalilli Large | GF, VG | £6.05 | |
| Perfect Ploughman's Pickle 295g | GF, VG | £3.95 | |
| Rich Redcurrant Jelly 250g | GF, VG | £3.45 | |
| Zingy Rosemary Jelly 250g | GF, VG | £3.30 | |

SAUCES

| | | | |
|--|---------|-------|--|
| Organic Mayonnaise (Suma) 300g | ORG | £4.65 | |
| Apple Puree (Biona) 700g | ORG | £2.95 | |
| Sticky Barbecue Sauce 230g | | £3.75 | |
| Bearnaise Sauce from Inspired Vegan 205g | GF, VG | £2.39 | |
| Brown Sauce (Biona) 270g | ORG | £3.75 | |
| Quintessential Brown Sauce 230g | | £3.40 | |
| Hollandaise Sauce (Atkins & Potts) 205g | | £2.79 | |
| Hollandaise Sauce from Inspired Vegan 205g | GF, VG | £2.39 | |
| Horseradish Sauce from Inspired Vegan 205g | GF, VG | £2.39 | |
| Italian Ketchup (Mr Organic) 480g | ORG, VG | £3.49 | |
| Tartare Sauce from Inspired Vegan 205g | GF, VG | £2.39 | |
| Worcestershire Sauce by Geo Organics 150ml | ORG, GF | £2.99 | |

WORLD FOODS

| | | | |
|-----------------------------------|---------|-------|--|
| Mango Chutney (Geo) 370g | ORG, VG | £4.59 | |
| Mango Chutney (Tracklements) 335g | ORG, VG | £3.80 | |

COCONUT THINGS

| | | | |
|---------------------------------------|---------|--------|--|
| Coconut Cream (Suma) 400ml | ORG, VG | £2.59 | |
| Coconut Milk (Suma) 400ml | ORG, VG | £2.19 | |
| Light Coconut Milk (Biona) 400ml | ORG, VG | £1.99 | |
| Coconut Oil (Suma) 320ml | ORG, VG | £3.45 | |
| Coconut Oil, Odourless (Suma) 650ml | ORG, VG | £7.15 | |
| Coconut Oil (Coconut Merchant) 500ml | ORG, VG | £8.99 | |
| Coconut Oil (Coconut Merchant) 1L | ORG, VG | £16.99 | |

PASTES

| | | | |
|---|-------------|-------|--|
| Green Curry Paste (Thai Taste) 114g | GF, VG | £2.09 | |
| Red Curry Paste (Thai Taste) 114g | GF, VG | £2.09 | |
| Thai Green Curry Paste (Geo) 180g | GF, ORG, VG | £2.99 | |
| Thai Red Curry Paste (Geo) 180g | GF, ORG, VG | £2.99 | |
| Indonesian Rendang Curry Paste (Geo) 180g | ORG, VG | £2.99 | |
| Indonesian Satay Curry Paste (Geo) 180g | GF, ORG, VG | £3.19 | |
| Thai Yellow Curry Paste (Geo) 180g | ORG, VG | £2.99 | |
| Korma Curry Paste (Geo) 180g | ORG, VG | £2.69 | |
| Tamarind Paste (Thai Taste) 130g | GF, VG | £1.99 | |

SAUCES

| | | | |
|---|--------|-------|--|
| Rose Harissa (Al'fez) 95g | | £3.35 | |
| Harissa Chilli Sauce Jar (Harry Brand) 210g | | £3.99 | |
| Korma Cooking Sauce (Meridian Free From) 350g | VG | £2.89 | |
| Sweet Chilli Dipping Sauce (Biona) 250ml | ORG | £3.45 | |
| Tikka Masala Cooking Sauce (Meridian) 350g | GF, VG | £2.89 | |

OTHER

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| | | | |
|---|-------------|-------|--|
| Miso Brown Rice (Clearspring) 300g | ORG, VG | £5.79 | |
| Japanese White Miso (Clearspring) 270g | ORG, VG | £4.29 | |
| Kimchi (Loving Foods) 500g | ORG | £6.85 | |
| Sauerkraut (Loving Foods) 500g | ORG | £6.35 | |
| Ruby Kraut - Red Cabbage/Beetroot (Loving Foods) 500g | ORG | £6.95 | |
| Sour Gherkins (Bionova) 680g | ORG, VG | £4.35 | |
| Tofu - Firm (Biona) 500g | ORG | £5.05 | |
| Tempeh (Biona) 400g | VG, ORG | £4.45 | |
| Young Jackfruit Chunks (Suma) 400g | GF, ORG, VG | £2.99 | |
| Mango Chunks in pure juice (Essential Organic) 400g | ORG, GF, VG | £2.49 | |
| Pineapple Chunks In Juice (Essential Organic) 400g | ORG, GF, VG | £2.49 | |
| Tropical Fruits In Juice (Essential Organic) 400g | ORG, GF, VG | £2.49 | |
| Agave Syrup (Suma) 240ml | ORG | £3.99 | |
| Date Syrup (Meridian) 330g | GF | £3.19 | |
| Natural Pomegranate Molasses (Marigold) 250ml | GF, VG | £4.19 | |
| Vertmont Maple Syrup 250ml | VG | £5.25 | |
| Vine Leaves (Cooks & Co) 400g | VG | £3.25 | |

CHOCOLATE & SNACKS

DIVINE

| | | | |
|---|----|-------|--|
| 85% Dark 90g | VG | £3.30 | |
| 70% Dark Chocolate 90g | VG | £3.30 | |
| 41% Dark with Hazelnut 90G | VG | £3.30 | |
| 70% Dark Chocolate with Mint 90g | VG | £3.30 | |
| 60% with Pink Himalayan Sea Salt 90g | VG | £3.30 | |
| 70% Dark Chocolate with Raspberries 90g | VG | £3.30 | |
| 70% Dark Chocolate with Tangy Clementine 90g | VG | £3.30 | |
| 38% Milk Chocolate with Salted Caramel 90g | | £3.30 | |
| Smooth Milk Chocolate with Orange & Gingerbread | | £3.30 | |
| 70% Dark 35g | VG | £1.25 | |
| Milk & White Chocolate Cappuccino 35g | | £1.35 | |
| Milk with Tangy Orange 35g | | £1.25 | |

OMBAR

| | | | |
|---------------------------------|---------|-------|--|
| Buttons 72% Cacao 25g | ORG, VG | £1.55 | |
| Buttons Coco Mylk 55% Cacao 25g | ORG, VG | £1.55 | |
| 72% Coco Mylk Chocolate 70g | ORG, VG | £3.39 | |
| 72% Cacao 70g | ORG, VG | £3.39 | |
| Centers Coconut & Vanilla 70g | ORG, VG | £3.39 | |
| 100% Cacao 35g | ORG, VG | £2.05 | |
| Coco Mylk 55% Cacao 35g | ORG, VG | £2.05 | |
| Centres Coconut & Vanilla 35g | ORG, VG | £2.05 | |
| Strawberry Mylk 35g | ORG, VG | £2.05 | |

PLAYin CHOC

| | | | |
|---|--|-------|--|
| Endangered Animals Organic Chocolate + Surprise Toy | | £2.25 | |
|---|--|-------|--|

TWO FARMERS (Hereford Crisps)

| | | | |
|------------------------|----|-------|--|
| Lightly Salted 40g | VG | £0.90 | |
| Lightly Salted 150g | VG | £2.75 | |
| Cider Salt 40g | VG | £0.90 | |
| Cider Salt 150g | VG | £2.75 | |
| Hop Cheese & Onion 40g | | £0.90 | |

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| | | | |
|-----------------------------|----|-------|--|
| Hop Cheese & Onion 150g | | £2.75 | |
| Mushroom & Wild Garlic 40g | VG | £0.90 | |
| Mushroom & Wild Garlic 150g | VG | £2.75 | |
| CHEWSY Chewing Gum | | | |
| Peppermint | VG | £1.29 | |
| Spearmint | VG | £1.29 | |

BAKING

| | | | |
|--------------------------------|---------|------------|--|
| Arrowroot | | 10p/10g | |
| Baking Powder | | 60p/100g | |
| Baking Powder (Freee by Doves) | GF | 60p/100g | |
| Bicarbonate of Soda (Lähde) | | 39p/100g | |
| Lemon Juice (Biona) 200ml | ORG, VG | £2.19 | |
| Lime Juice (Biona) 200ml | ORG, VG | £2.69 | |
| Polenta (Suma) 500g | VG | £1.55 | |
| Polenta - Bulk (Infinity) | VG | 30p/100g | |
| Xanthan Gum (Lähde) | GF | £1.90/100g | |
| Quick Yeast (Doves Farm) 125g | GF, VG | £1.35 | |
| Fresh Yeast, 100g | GF | £2.50 | |

SALT & STOCK

| | | | |
|---------------------------------|----|----------|--|
| Fine Sea Salt | GF | 10p/100g | |
| Coarse Sea Salt | GF | 10p/100g | |
| Fine Pink Himalayan Rock Salt | GF | 78p/100g | |
| Coarse Pink Himalayan Rock Salt | GF | 78p/100g | |

KALLO

| | | | |
|--------------------------------------|-------------|-------|--|
| Garlic and Herb Stock Cubes 66g | ORG, GF, VG | £1.95 | |
| Mushroom Stock Cubes 66g | ORG, GF, VG | £1.95 | |
| Low Salt Vegetable Stock Cubes 60g | ORG, GF, VG | £1.95 | |
| Yeast Free Vegetable Stock Cubes 66g | GF, VG | £1.95 | |

SUMA

| | | | |
|-------------------------|-------------|-------|--|
| Vegetable Bouillon 150g | ORG, GF, VG | £2.65 | |
|-------------------------|-------------|-------|--|

MARIGOLD

| | | | |
|--|-------------|---------|--|
| Swiss Vegetable Bouillon Cubes 84g | ORG, VG | £1.49 | |
| Swiss Vegetable Bouillon Powder | GF, VG | 72p/10g | |
| Engevita Yeast Flakes with Iron & Vit D 125g | GF, VG | £3.99 | |
| Engevita Yeast Flakes with B12 | GF, VG | £4.25 | |
| Engevita Yeast Flakes | ORG, GF, VG | £5.99 | |
| Engevita Yeast Flakes with B12 | GF, VG | 30p/10g | |

HERBS & SPICES

| | | | |
|-------------------|--|---------|--|
| Allspice | | 10p/10g | |
| Basil | | 20p/10g | |
| Bay Leaves | | 30p/10g | |
| Caraway Seeds | | 22p/10g | |
| Cardamom (Ground) | | 72p/10g | |
| Cardamom (Whole) | | 37p/10g | |
| Cayenne Pepper | | 14p/10g | |
| Celery Salt | | 10p/10g | |

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| | | |
|----------------------------|---------|--|
| Chilli Powder | 20p/10g | |
| Chilli Flakes | 15p/10g | |
| Chinese Spice | 28p/10g | |
| Chives | 27p/10g | |
| Cinnamon (Ground) | 15p/10g | |
| Cinnamon (Quills) | 65p/10g | |
| Cloves (Whole) | 30p/10g | |
| Coriander (Ground) | 12p/10g | |
| Coriander Seeds | 25p/10g | |
| Cumin (Ground) | 16p/10g | |
| Cumin Seeds | 22p/10g | |
| Curry Leaves | 48p/10g | |
| Curry Powder | 12p/10g | |
| Dill Seeds | 14p/10g | |
| Fennel Seeds | 25p/10g | |
| Fenugreek | 10p/10g | |
| Garam Masala | 23p/10g | |
| Garlic Powder | 14p/10g | |
| Garlic Salt | 20p/10g | |
| Ginger (Ground) | 16p/10g | |
| Juniper Berries | 20p/10g | |
| Lemongrass | 19p/10g | |
| Lime Leaves (Suma) 4g | £1.25 | |
| Marjoram | 40p/10g | |
| Mint | 30p/10g | |
| Mixed Herbs | 25p/10g | |
| Mixed Spice | 16p/10g | |
| Mustard Powder | 10p/10g | |
| Mustard Seeds (Black) | 10p/10g | |
| Nigella Seeds | 20p/10g | |
| Nutmeg (Ground) | 36p/10g | |
| Nutmeg (Whole) | 27p/10g | |
| Greek Wild Raw Oregano 50g | £3.90 | |
| Onion Powder | 20p/10g | |
| Oregano | 16p/10g | |
| Paprika (Spanish) | 13p/10g | |
| Paprika (Smoked) | 14p/10g | |
| Parsley | 25p/10g | |
| Peppercorns (Black) | 18p/10g | |
| Peppercorns (White) | 24p/10g | |
| Pepper (Black, Ground) | 23p/10g | |
| Poppy Seeds - Blue | 9p/10g | |
| Ras El Hanout 42g | £2.25 | |
| Rosemary | 19p/10g | |
| Sage | 19p/10g | |
| Star Anise | 20p/10g | |
| Sumac | 24p/10g | |
| Tarragon | 30p/10g | |
| Thyme | 15p/10g | |
| Turmeric (Ground) | 13p/10g | |

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| | | | |
|--|----|-------|--|
| Za'atar 38g | | £2.25 | |
| Zaytoun Za'atar Zesty Thyme Herb Mix 80g | VG | £4.65 | |

HAIR & BODY CARE REFILLS

HAIR CONDITIONERS

ALTER/NATIVE

| | | | |
|----------------|--------|-----------|--|
| Clear & Simple | CF, VG | 65p/100ml | |
|----------------|--------|-----------|--|

MINIML

| | | | |
|-----------------------------|--------|-----------|--|
| Pink Grapefruit & Aloe Vera | CF, VG | 65p/100ml | |
| Tea Tree & Mint | CF, VG | 65p/100ml | |

HAIR SHAMPOOS

ALTER/NATIVE

| | | | |
|------------------|--------|-----------|--|
| Clear and Simple | CF, VG | 65p/100ml | |
|------------------|--------|-----------|--|

MINIML

| | | | |
|------------------------|----|-----------|--|
| Pink Grapefruit & Aloe | CF | 65p/100ml | |
| Tea Tree & Mint | CF | 65p/100ml | |

BODYWASH & HANDSOAP

ECOLEAF - Handsoap

| | | | |
|---------------------------------|--------|-----------|--|
| Grapefruit Twist | CF, VG | 40p/100ml | |
| MINIML - Bodywash + Bubble Bath | | | |
| Pink Grapefruit & Aloe Vera | CF, VG | 65p/100ml | |
| Tea Tree & Mint | CF, VG | 65p/100ml | |

CLEANING - REFILLS

| | | | |
|---|--|-----------|--|
| Ecoleaf Washing Up Liquid | | 30p/100ml | |
| Ecoleaf Washing Powder | | 39p/100g | |
| Miniml Laundry Liquid - Fresh Linen | | 40p/100ml | |
| Ecoleaf Fabric Conditioner | | 27p/100ml | |
| Miniml Anti-bac Surface Cleaner - French Lavender | | 27p/100ml | |
| Miniml Floor Cleaner | | 25p/100ml | |
| Ecoleaf Toilet Cleaner - Citrus | | 25p/100ml | |
| Bicarbonate of Soda (Lähde) | | 40p/100g | |
| Distilled Vinegar | | 30p/100ml | |
| Dishwasher Rinse Aid | | 15p/100ml | |
| Percarbonate of Soda 1Kg | | £7.25 | |

DENTAL CARE

ENVIRONMENTAL

| | | | |
|------------------------------------|--|-------|--|
| Bamboo Toothbrush – Soft or Medium | | £3.15 | |
| Bamboo Toothbrush – Child | | £3.15 | |

GEORGANICS

| | | | |
|---|--|-------|--|
| Natural Toothpaste – Activated Charcoal 120ml | | £8.90 | |
| Natural Toothpaste – Pure 120ml | | £8.90 | |

BEN & ANNA

| | | | |
|--------------------------------------|----|-------|--|
| Natural Toothpaste - White 100ml | VG | £8.95 | |
| Natural Toothpaste - Sensitive 100ml | VG | £8.95 | |

HUMBLE & CO

| | | | |
|---------------------------------------|--|-------|--|
| Bamboo Interdental Brush 0.6mm (Blue) | | £4.15 | |
| Bamboo Interdental Brush 0.4mm (Pink) | | £4.15 | |

TRUTHPASTE

For Earth's Sake at the Barn, Upper House Lane, GU5 0SX

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| | | |
|----------------------------------|-------|--|
| Peppermint & Wintergreen - 100ml | £8.99 | |
|----------------------------------|-------|--|

TOILET PAPER & TISSUES

WHO GIVES A CRAP

| | | |
|--------------------------------------|--------|--|
| Single Roll – Standard 100% Recycled | £1.06 | |
| Single Roll – Premium Bamboo | £1.20 | |
| 6-Pack – Standard 100% Recycled | £6.25 | |
| 48-Pack Box - Standard 100% Recycled | £44.00 | |
| 48-Pack Box – Premium Bamboo | £48.00 | |
| Box of Tissues – 100% Recycled | £1.70 | |

ECOLEAF

| | | |
|--------|-------|--|
| 4-Pack | £3.39 | |
| 9-Pack | £7.35 | |

SOAP (Palm Oil, SLS, Parabens Free)

ALTER/NATIVE (Handmade - Boxed)

| | | | |
|----------------------------------|----|-------|--|
| Coffee & Cedar Wood 95g | VG | £2.65 | |
| Coconut & Argon Oil 95g | VG | £2.65 | |
| Hemp & Jasmine Musk 95g | VG | £2.65 | |
| Lavender & Geranium 95g | VG | £2.65 | |
| Lavender & Vetiver 95g | VG | £2.65 | |
| Patchouli & Sandalwood 95g | VG | £2.65 | |
| Pink Grapefruit 95g | VG | £2.65 | |
| Rose & Geranium 95g | VG | £2.65 | |
| Tea Tree & Aloe Vera 95g | VG | £2.65 | |
| Yellow Mandarin & Tonka Bean 95g | VG | £2.65 | |

ALTER/NATIVE (Handmade - Round Glycerine)

| | | | |
|------------------------------------|----|-------|--|
| Lavender and Vetiver 90g | VG | £1.85 | |
| Rose and Geranium 90g | VG | £1.85 | |
| White Lavender 90g | VG | £1.85 | |
| Yellow Mandarin and Tonka Bean 90g | VG | £1.85 | |

ALTER/NATIVE (Handmade - Rectangular)

| | | | |
|------------------------------|----|-------|--|
| Lavender and Geranium 90g | VG | £2.79 | |
| Coconut and Argan Oil 90g | VG | £2.79 | |
| Coffee and Cedar Wood 90g | VG | £2.79 | |
| Hemp and Jasmine Musk 90g | VG | £2.79 | |
| Lavender and Geranium 90g | VG | £2.79 | |
| Patchouli and Sandalwood 90g | VG | £2.79 | |
| Pink Grapefruit 90g | VG | £2.79 | |
| Rose and Geranium 90g | VG | £2.79 | |
| Tea Tree and Aloe Vera 90g | VG | £2.79 | |

FAITH IN NATURE

| | | |
|------------------------------|-------|--|
| Aloe Vera Soap Bar 100g | £2.28 | |
| Coconut Soap Bar 100g | £2.28 | |
| Fragrance Free Soap Bar 100g | £2.28 | |
| Grapefruit Soap Bar 100g | £2.28 | |
| Hemp Soap Bar 100g | £2.28 | |
| Lavender Soap Bar 100g | £2.28 | |
| Orange Soap Bar 100g | £2.28 | |
| Rosemary Soap Bar 100g | £2.28 | |

| | | | |
|------------------------|--|-------|--|
| Tea Tree Soap Bar 100g | | £2.28 | |
|------------------------|--|-------|--|

FACE & BODYCARE

LOOFCO

| | | | |
|---------------------------------|--|-------|--|
| Body Loofah | | £3.29 | |
| Bath Time Loofah - Heart Shaped | | £3.59 | |

EARTH CONSCIOUS (Deoderant)

| | | | |
|----------------------------|----|-------|--|
| Pure Unscented 60g | VG | £6.99 | |
| Grapefruit & Lemon 60g | VG | £6.99 | |
| Jasmine & Rose 60g | VG | £6.99 | |
| Lavender & Tea Tree 60g | VG | £6.99 | |
| Peppermint & Spearmint 60g | VG | £6.99 | |

PUREMESS

| | | | |
|--|----|--------|--|
| Deodorants 70ml - Various Essential Oil Fragrances | VG | £9.00 | |
| Hand Cream 100ml - Lemongrass / Rosewood | | £8.50 | |
| Body Scrub 200ml - Grapefruit | | £11.00 | |
| Lip Balms 15ml - Geranium / Lemon / Orange | | £4.50 | |
| Body Custard 200ml - Lemongrass | | £18.00 | |
| Rejuvenating Face Cream 50ml | | £17.50 | |
| Oat & Mandarin Cleanser 150ml | | £10.50 | |
| Sleep Balm 50ml | | £9.60 | |
| Konjac Sponges (Natural Face Sponge) | | £5.00 | |
| Balancing Skin Toner 150ml | | £9.00 | |

FEMININE CARE

MOONCUP

| | | | |
|------------------------|--|--------|--|
| Menstrual Cup – Size A | | £22.40 | |
| Menstrual Cup – Size B | | £22.40 | |

NATRACARE

| | | | |
|--|--|-------|--|
| Organic Cotton Ultra Pads – Super (12) | | £2.95 | |
| Organic Cotton Ultra Pads – Long (10) | | £2.65 | |
| Organic Cotton Panty Liners – Curved (30) | | £1.89 | |
| Organic Cotton Panty Liners – Long (16) | | £1.89 | |
| Super Non-Applicator Organic Cotton Tampons (20) | | £2.85 | |
| Super Non-Applicator Organic Cotton Tampons – Super (20) | | £3.15 | |
| Super Applicator Organic Cotton Tampons – Super (16) | | £3.15 | |

OTHER

| | | | |
|---|-----|-------|--|
| Shade All-Natural Sunscreen SPF25 100ml | ORG | £9.75 | |
| Absolutink Susie Sue Soap Saver | | £2.90 | |

CONTAINERS

| | | | |
|--------------------------------|----------|-------|--|
| Milk Bottle - 500ml / 1 Pint | Screwtop | £1.65 | |
| Milk Bottle - 1 Litre / 2 Pint | Screwtop | £1.80 | |
| Herb Jar | Clip Top | £1.25 | |
| Herb Jar (Hexagonal) | | £0.60 | |
| Kilner Jar - 500ml | Clip Top | £3.25 | |
| Kilner Jar - 750ml | Clip Top | £3.55 | |
| Kilner Jar - 1L | Clip Top | £3.50 | |
| Kilner Jar - 2L | Clip Top | £5.99 | |
| Kilner Jar - 3L | Clip Top | £8.99 | |

Waste Free Plastic Free Shopping - For your sake... for our sake... for Earth's Sake!!

| | | |
|-------------------------|-------|--|
| Miniml Glass Bottle | £1.20 | |
| Miniml Plastic Bathroom | £1.00 | |

HOUSEHOLD

IF YOU CARE

| | | |
|--|--------|--|
| Food Waste Bags | £5.15 | |
| Parchment Baking Sheets | £4.35 | |
| Large Baking Cups x60 | £1.65 | |
| Extra Strong Aluminium Foil | £4.99 | |
| Parchment Baking Paper | £5.19 | |
| Paper Snack & Sandwich Bags 48 Pack | £4.15 | |
| Sub/Mini Baguette Sandwich Bags | £4.57 | |
| Tall Kitchen Bags x12 | £5.30 | |
| Recycled Aluminum Foil, 12m | £3.19 | |
| Ecoleaf Cling Film (Home Compostable), 30m | £3.99 | |
| Nature Fresh Cling Film, 250m | £25.00 | |

CANDLES

GREEN LAURELS

| | | |
|-----------------|--------|--|
| Afternoon Tea | £12.00 | |
| Aloe + Cucumber | £12.00 | |
| Baked Cookie | £12.00 | |
| Chocolate | £12.00 | |
| Fresh Linen | £12.00 | |
| Lemon Sherbert | £12.00 | |
| Rhubarb Custard | £12.00 | |
| Sweet Pea | £12.00 | |
| Unicorn Sparkle | £12.00 | |

OTHER

| | | |
|-----------------------|-------|--|
| Tea Light - single | £0.24 | |
| Tea Light - box of 24 | £5.65 | |

CLOTHING

BAM

| | | |
|---------------------------|-------|--|
| Bamboo Socks Striped 4-7 | £4.50 | |
| Bamboo Socks Striped 8-11 | £4.50 | |
| Bamboo Socks Black 4-7 | £4.25 | |
| Bamboo Socks Black 8-11 | £4.25 | |

FOOD BAGS & BIN LINERS

| | | |
|-----------------------------------|-------|--|
| d2w Drawtape Swing Bin Liners x15 | £2.15 | |
| d2w Drawtape Refuse Bags x20 | £2.49 | |
| d2w Freezer Bags x100 | £1.85 | |
| d2w Pedal Bin Liners x30 | £2.25 | |

TABLEWARE

| | | |
|-----------------------------------|--------|--|
| Bamboo Dinner Set (Bee) | £11.95 | |
| Bamboo Dinner Set (Cow) | £11.95 | |
| Bamboo Dinner Set (Fox) | £11.95 | |
| Bamboo Dinner Set (Unicorn) | £11.95 | |
| Silent Pool Copa Gin Glass | £10.50 | |
| Silent Pool Tumbler | £10.50 | |
| William Morris Bamboo Cup - Small | £11.95 | |
| William Morris Bamboo Cup - Large | £12.95 | |

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| | | |
|---|--------|--|
| Cane Straws, 10 Pack (The Cane Straw Company) | £2.50 | |
| WASHING UP & CLEANING | | |
| LoofCo Root Vegetable Scrubber | £2.80 | |
| LoofCo Washing-up Scraper | £2.95 | |
| LoofCo Washing-up Pad - One Pad | £2.95 | |
| LoofCo Washing-up Pad - Two Pads | £4.99 | |
| LoofCo Cleaning Pad | £2.50 | |
| Loofco Washing-up Brush without Handle | £2.55 | |
| Loofco Washing-up Brush with Handle | £3.55 | |
| Loofco Bottle Brush with Rubberwood Handle | £3.79 | |
| Seep Bamboo All Purpose Cloth | £3.15 | |
| If You Care Sponge Cloths - 5 Pack | £5.15 | |
| Ecoleaf Kitchen Jumbo Roll | £3.19 | |
| Ecoleaf Kitchen Roll Twin Pack | £2.79 | |
| Who Gives A Crap Kitchen Roll | £2.00 | |
| EcoLeaf DishWasher Tablets, 25 tablets | £5.69 | |
| EcoLeaf DishWasher Tablets, 70 tablets | £14.15 | |
| PET CARE | | |
| Denzel's Pumpkin Dog Treats 15 x 50g | £2.00 | |
| Compostable Dog Poo Bags x60 (Fetch It) | £5.49 | |
| Mini Compostable Poo Bags x80 (Fetch It) | £5.49 | |
| Tie Handle Compostable Poo Bags x120 (Fetch It) | £10.49 | |
| FIRE RELATED PRODUCTS | | |
| British Barbecue Charcoal Small Bag 3kg | £6.00 | |
| British Barbecue Charcoal Large Bag 5kg | £9.00 | |
| Coffee Logs 8kg | £7.40 | |
| If You Care Firelighters x28 | £2.59 | |
| If You Care Firelighters x72 | £5.15 | |
| OTHER | | |
| Kite Paper Packing Tape - 25mm | £2.00 | |
| Kite Paper Packaging Tape - 50mm | £2.25 | |
| Short Handle Turtle Bag | £5.99 | |
| THE BEE BAY | | |
| Beeswax Bar | £2.00 | |
| Beeswax Wrap Kit | £14.50 | |
| Chopping Board Conditioner | £7.00 | |
| Furniture Polish | £5.20 | |
| Beeswax Leather Conditioner | £6.50 | |
| Beeswax Shoe Polish - Black | £4.50 | |
| Beeswax Shoe Polish - Brown | £4.50 | |
| Beeswax Shoe Polish - Natural | £4.50 | |
| Homemade Nesting House | £15.00 | |
| Bee/Insect Hotel | £25.00 | |
| SOFT DRINKS | | |
| BELVOIR | | |
| Sparkling Elderflower 250ml | £2.50 | |
| CAWSTON PRESS | | |
| Elderflower Lemonade 750ml | £3.99 | |

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FENTIMANS

| | | | |
|--|--|-------|--|
| Cherry Cola 275ml | | £2.05 | |
| Curiosity Cola 275ml | | £1.65 | |
| Dandelion & Burdock 275ml | | £1.95 | |
| Ginger Beer 250ml (can) | | £1.79 | |
| Victorian Lemonade 275ml | | £1.95 | |
| Mandarin & Seville Orange Jigger 275ml | | £1.95 | |
| Botanically Brewed Light Tonic 500ml | | £2.79 | |

FRANKLIN & SONS

| | | | |
|-----------------|--|-------|--|
| 1886 Cola 275ml | | £1.49 | |
|-----------------|--|-------|--|

GUSTO

| | | | |
|---------------------------|----|-------|--|
| Naturally Slim Cola 275ml | VG | £1.95 | |
| Original Energy 275ml | VG | £1.95 | |

LUSCOMBE

| | | | |
|------------------------|--|-------|--|
| St Clements 270ml | | £1.95 | |
| Wild Elderflower 270ml | | £1.95 | |

KARMA

| | | | |
|----------------------------|--|-------|--|
| Ginger Kombucha 500ml | | £3.65 | |
| Mango Kombucha 500ml | | £3.65 | |
| Pomegranite Kombucha 500ml | | £3.65 | |
| Raspberry Kombucha 500ml | | £3.65 | |

SUNITA

| | | | |
|-----------------|--|-------|--|
| Orange Juice 1L | | £5.50 | |
|-----------------|--|-------|--|

ALCOHOL (Strictly Over 18s only)

GIN

| | | | |
|----------------------|--|--------|--|
| Silent Pool Gin 70cl | | £38.00 | |
|----------------------|--|--------|--|

BEER

CRAFTY BREWING

| | | | |
|-----------------------------------|----|-------|--|
| Arctic Fox - Pilsner 500ml | GF | £2.45 | |
| Blind Side - Deep Amber Ale 500ml | | £2.45 | |
| Crafty One - Pale Ale 500ml | | £2.45 | |
| Hot Tipple - IPA 500ml | | £2.45 | |
| Laughing Wolf - APA 500ml | | £2.45 | |

FIREBIRD

| | | | |
|---|--------|-------|--|
| Bohemia - Lager 330ml | GF, VG | £2.35 | |
| Festive 51 - Strong Ale 500ml | GF, VG | £2.85 | |
| Heritage - Ale 500ml | GF, VG | £2.70 | |
| Pacific Gem - Single Hop Pale Ale 500ml | GF, VG | £2.70 | |

CIDER

GARDEN CIDER CO.

| | | | |
|---------------------------------|--|-------|--|
| Original Cider 500ml | | £2.40 | |
| Dry Hopped Cider 500ml | | £2.55 | |
| Berry & Cherry Cider 500ml | | £2.55 | |
| Elderflower Cider 500ml | | £2.55 | |
| Plum & Ginger 500ml | | £2.55 | |
| Raspberry & Rhubarb Cider 500ml | | £2.55 | |

WINE

BELLE & CO

| | | | |
|-----------------------------|--|-------|--|
| Alcohol-Free Sparkling Wine | | £5.75 | |
|-----------------------------|--|-------|--|

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BOLNEY

| | | |
|-----------------------------|--------|--|
| Lychgate Bacchus White 2019 | £20.00 | |
| Lychgate Red 2018 | £20.00 | |

DENBIES

| | | |
|---------------------------|--------|--|
| Flint Valley Wine (White) | £11.50 | |
| Surrey Gold Wine (White) | £11.50 | |
| Rosehill Wine (Rose) | £11.50 | |
| Whitedown (Sparkling) | £21.95 | |

Prices correct as at 9 April 2024. E&O.